



**Lambton Public Health**  
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Point Edward, ON N7T 7Z6

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## **PUBLIC SERVICE ANNOUNCEMENT**

For Immediate Release

### **Parenting Programs in April**

Monday, March 21, 2016

**Point Edward, ON** - Lambton Public Health offers **FREE** parenting programs across Lambton County to help parents, grandparents, and caregivers raise children to be healthy, resilient, confident and ready to learn.

Free child care is available, space is limited.

The schedule for **April**:

#### **Sarnia**

- **How to Talk So Kids Will Listen** (ages 4 and up)  
This program deals with issues and parenting skills necessary to equip parents of school-aged children. An interactive video presentation and informal discussions with Public Health Nurses covers topics such as communication, discipline, building self-esteem, co-operation.

**Mondays: April 4, 11, 18, 25 & May 2;** 1 p.m.-3 p.m.

Lambton College OEYC Main Site  
1457 London Rd., Sarnia  
Register: 519-383-8331 ext. 3568

#### **Brigden**

- **Parenting Talk** (all ages)  
Parenting can be rewarding, stressful and difficult. Discuss topics and share ideas with a public health nurse and other parents about important issues.

**Friday, April 8;** 10 a.m.-11 a.m.

Brigden OEYC Site & Best Start Hub  
Brigden United Church, 2420 Jane St., Brigden  
Register: 519-892-3151

#### **Camlachie**

- **Children See, Children Learn** (1-6 years)  
Discuss real life situations with a public health nurse, and learn about positive parenting.

**Monday, April 18;** 10 a.m.-11:30 a.m.

Camlachie United Church OEYC  
6745 Camlachie Rd., Camlachie  
Register: 519-786-6161 ext. 9226

## Corunna

- **Parenting Talk** (all ages)  
Parenting can be rewarding, stressful and difficult. Discuss topics and share ideas with a public health nurse and other parents about important issues.

**Monday, April 18;** 9:30 a.m.-11 a.m.

Corunna Best Start Child & Family Centre  
St. Joseph Catholic School, 535 Birchbank Dr., Corunna  
Register: 519-892-3151

## Forest

- **Parenting Through Each Other** (0-18 months)  
Together with a public health nurse, OEYC staff and other parents, discuss topics that focus on the child's growth and development.

**Monday, April 25;** 10 a.m.-11 a.m.

Forest Best Start Child & Family Centre  
Kinnwood Central School, 63 MacDonald St., Forest  
Register: 519-786-6161 ext. 9230

## Sombra

- **Parenting Talk** (all ages)  
Parenting can be rewarding, stressful and difficult. Discuss topics and share ideas with a public health nurse and other parents about important issues.

**Tuesday: April 26;** 9:30 a.m.-11 a.m.

Sombra Township OEYC Satellite Site and Best Start Hub  
3926 St. Clair Parkway, Port Lambton  
Register: 519-892-3151

For information call 519-383-8331 ext. 3568, toll free 1-800-667-1839 or visit **Classes and Clinics** at [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca).

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**Please contact:**

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